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CANDY FORTIFIED FOR BETTER NUTRITION

How to give candy higher nutritive value, and at the same time provide a new outlet for various farm products and by-products, is one of the objectives of research under way at the Southern Regional Research Laboratory of the Bureau of Agricultural and Industrial Chemistry, U. S. Department of Agriculture, at New Orleans, La. The addition of soybean protein to some candies seems to be a partial answer to the problem. Department and industry chemists have perfected a method for preparing a soybean protein that is nearly 95 percent pure protein and is tasteless and odorless. The addition of 5 percent of this protein to experimental batches of hard candy had no effect on the flavor, color, or texture of the finished product. Nor did its addition to the extent of 7 to 8 percent to experimental lots of cream centers, nougat, and other soft candies affect the character of the finished product. Thus a better nutritional balance becomes possible for candy that now is pure sugar - that is, made up entirely of carbohydrates. Furthermore, the manufacture of pure soybean protein adds another to the long list of uses for our most versatile crop.

The chemists also have devised formulas for the addition of yeast, which contains thiamin and other members of the vitamin B complex, to candy. One of the favorite kinds of candy from the laboratory is a fluffy white nougat enriched with 2 percent of mildly flavored yeast. When further fortified with 1 percent of calcium- and phosphorus-rich bone flour it is a nutritious sweetmeat.

Using the various formulas developed by the chemists, an experienced candy maker from the National Confectioners' Association prepares experimental lots of candy on the semi-commercial scale at the Southern Regional Research Laboratory. These candies are tested by taste testing panels set up for the purpose. Formulas for those that pass the tests are turned over to the Association for distribution to its member firms.

Two commercial processors already have developed large-scale methods for manufacturing pure soybean protein of the type called for in the formulas. It is not yet being used by commercial candy makers, however, although other protein-type products from soybeans are. Yeast, which is available in unlimited quantities, is used mainly in making yeast tablets and products having meat-like flavor for the preparation of broths.

The following pictures show some of the research on which new formulas for making fortified candies were based.

(OVER)

(EDITORS AND WRITERS: You may obtain 8x10 glossy prints of any of the pictures here shown free on request to Press Service, Office of Information, U. S. Department of Agriculture, Washington 25, D.C.)

Chemists at the Southern Regional Research Laboratory of the Bureau of Agricultural and Industrial Chemistry, U. S. Department of Agriculture, at New Orleans, La., have devised formulas for making candy fortified with soybean protein, yeast, and bone flour to add nutritive value to certain confections. An experienced candy maker from the National Confectioners' Association prepares experimental lots of candy from these formulas.

(1) Candy Maker Fred J. Fahs measures out improved soybean protein to be added to a batch of hard candy.

(2) The ingredients for a batch of nougat with soybean protein are worked up into a uniform mixture with a smooth, creamy texture.

(3) Candy Maker Fahs grains a batch of cream fondant on a water-cooled slab.

(4) He pulls a string of hard candy from an experimental batch before an open fire

(5) And cuts a string of fortified hard candy into small pieces for submission to a taste test panel.

(6) Mrs. Rita Kraemer is ready to give her opinion on chocolate-coated cream fondant containing 5 percent of soybean protein.